

What is the effect of replacing a high carbohydrate diet with a high monounsaturated fatty acid (MUFA) diet in persons with type 2 diabetes? (DGAC 2010)

Conclusion


Moderate evidence indicates that increased monounsaturated fatty acid (MUFA) intake, rather than high carbohydrate intake, may be beneficial for persons with type 2 diabetes. High MUFA intake, when replacing a high carbohydrate intake, results in improved biomarkers of glucose tolerance and diabetic control.

Grade: Moderate

Overall strength of the available supporting evidence: Strong; Moderate; Limited; Expert Opinion Only; Grade not assignable For additional information regarding how to interpret grades [click here](#).

Evidence Summaries

What is the evidence that supports this conclusion? For more information, click on the Evidence Summary link below.

 [What is the effect of replacing a high-carbohydrate diet with a high-MUFA diet in type 2 diabetics?](#)

Search Plan and Results

What were the search parameters and selection criteria used to identify literature to answer this question? For more information, click on the Search Plan and Results link below.

[MUFA and n-6 PUFA Intake and Health](#)